

## Five Senses Activities for Thursday

### On the Move

#### Color Mix-up

Help! The colors are all mixed up! Use your strong sense of sight to sort out this mess.

Materials:

- Empty laundry basket or other large container
- Varied household items of the four chosen colors (red, blue, green and yellow...or use your child's favorites!)
- Matching colored paper

Instructions:

1. Lay out the four pieces of colored paper in different areas of a cleared space in your home.
2. Place all of your selected colored items into the laundry basket and mix them up
3. Instruct your child to sort each item onto the colored paper one at a time.
4. Once completed, clean up and repeat the process over again (feel free to change up the colors and items for continued play)

### Adventures Online

#### Letter Dance Party

Let's move your body and dance with letters!

<https://www.sesamestreet.org/games?id=25654>

Help your child learn to recognize letters and sounds through this fun interactive game on Sesame Street.

### Sensory Time

#### Sidewalk Rubbing

There are so many textures to explore in the world. All you need is a crayon and a piece of paper.

Materials:

- Paper
- Crayons or chalk

Instructions:

1. Place paper on the sidewalk
2. Color on the paper. Then run your hands over the drawing. How does it feel? Is the drawing smooth or bumpy?

Find other surfaces with different textures that you can put the paper on- the side of a building, a tree trunk, etc. Compare the look and feel of the different surfaces.

### Story Time

#### Pick a Book!

Pick a book you have at home and discuss how they are using their senses. Brown Bear, Brown Bear is a great example.

## Arts and Creativity

### **It Feels Slimy**

Make “slime” with your child with these simple recipes!

#### ***Cornstarch slime***

Materials:

- Cornstarch
- Water
- Mixing Bowl

Instructions:

Mix equal parts cornstarch and water into a bowl. Combine and knead with your hands until it is a “slimy” consistency!

#### ***Fluffy Slime***

Materials:

- White glue
- Shaving cream
- Saline solution (or salt water)
- Baking soda
- Food coloring
- Mixing bowl

Instructions:

1. Measure 1 cup of white glue, 1 cup of shaving cream, 1 teaspoon of baking soda, 2 teaspoons of saline solution, and food coloring in separate bowls; set aside
2. Empty glue into large mixing bowl. Add baking soda and mix with a spatula until well combined.
3. Add shaving cream to mixture and combine until consistency is thick and fluffy.
4. Add drops of food coloring, stirring to blend, until desired color is achieved (Optional)
5. Add saline solution, mixing to combine. (This removes the stickiness from slime.)
6. Knead with your hands until slime mixture becomes dense and formed, adding saline solution until desired texture is achieved